

Rapid and continued improvement of mild to moderate acne with a single-step benzoyl peroxide facial cleanser

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Abstract

Acne vulgaris can be distressing to patients—no matter the clinical level of severity—due to the change in physical appearance and the resulting emotional impact, including reduced self-confidence. In addition, patients are dissatisfied with many current treatment options due to the perception that acne lesions do not resolve fast enough and the frustration that they continue to experience acne even when they think they are effectively treating their skin. Patients are often unable to achieve successful clearing of their existing lesions and help prevent the formation of future lesions due to a lack of understanding of what types of products to use and how to appropriately apply them in order to achieve continued results.

Daily treatment of the full face with a uniquely formulated acne cleanser that incorporates benzoyl peroxide (BPO) can be a successful approach for clearing existing lesions, often providing fast resolution of visible signs of acne. This product form also allows for application of the acne medicine over a large affected area of the face and ease of compliance, which can both lead to prevention of new acne lesions and, therefore, skin clearing. As daily cleansing is often already a part of a patient's daily skincare habit, this is often a convenient and effective form for incorporating an acne treatment into the skincare routine.

An 8-week clinical study was conducted on a new 10% BPO facial cleanser to evaluate the efficacy of a 1-step cleanser to provide both early benefits to encourage compliance, and longer-term acne-clearing results. Visible signs of acne were evaluated as early as 1 day after the start of treatment to assess fast-acting efficacy, and lesion counts and a global assessment were conducted over the 8-week period to evaluate longer-term efficacy. Thirty-two subjects, males and females aged 12–30 years with mild to moderate acne vulgaris, completed the study.

This 10% BPO cleanser was found to be well tolerated and provided significant ($P < 0.05$) acne resolution as well as additional skin improvements throughout the entire product usage interval. Subjects also reported significant improvements ($P < 0.05$) in their acne and overall skin appearance, which is critical for continued compliance with a daily cleansing routine. This cleanser provides a new, easy-to-use, first-line BPO therapy option for patients who are best suited for a daily cleansing approach to treating their acne.

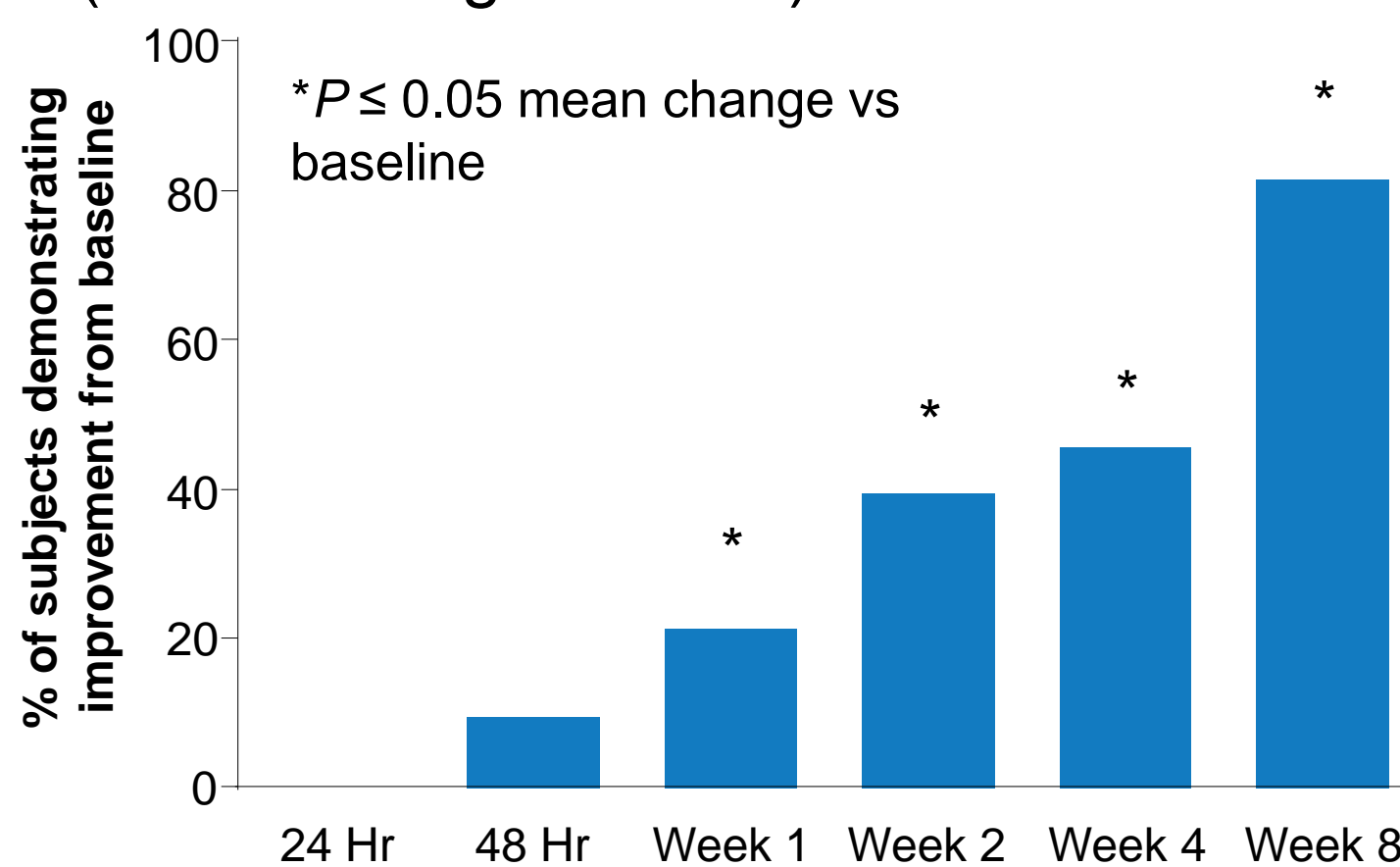
Methods

- An 8-week clinical study involving twice-daily usage of a new 10% BPO cleanser was conducted to evaluate both early and longer term acne-clearing results.
- Thirty-two males and females aged 12–30 years with mild to moderate facial acne completed this study.
- Assessments included lesion counts, investigator's global acne assessment score, as well as self-assessment.
- Skin assessments were performed at 24 and 48 hours, as well as 1, 2, 4, and 8 weeks after treatment.

Results

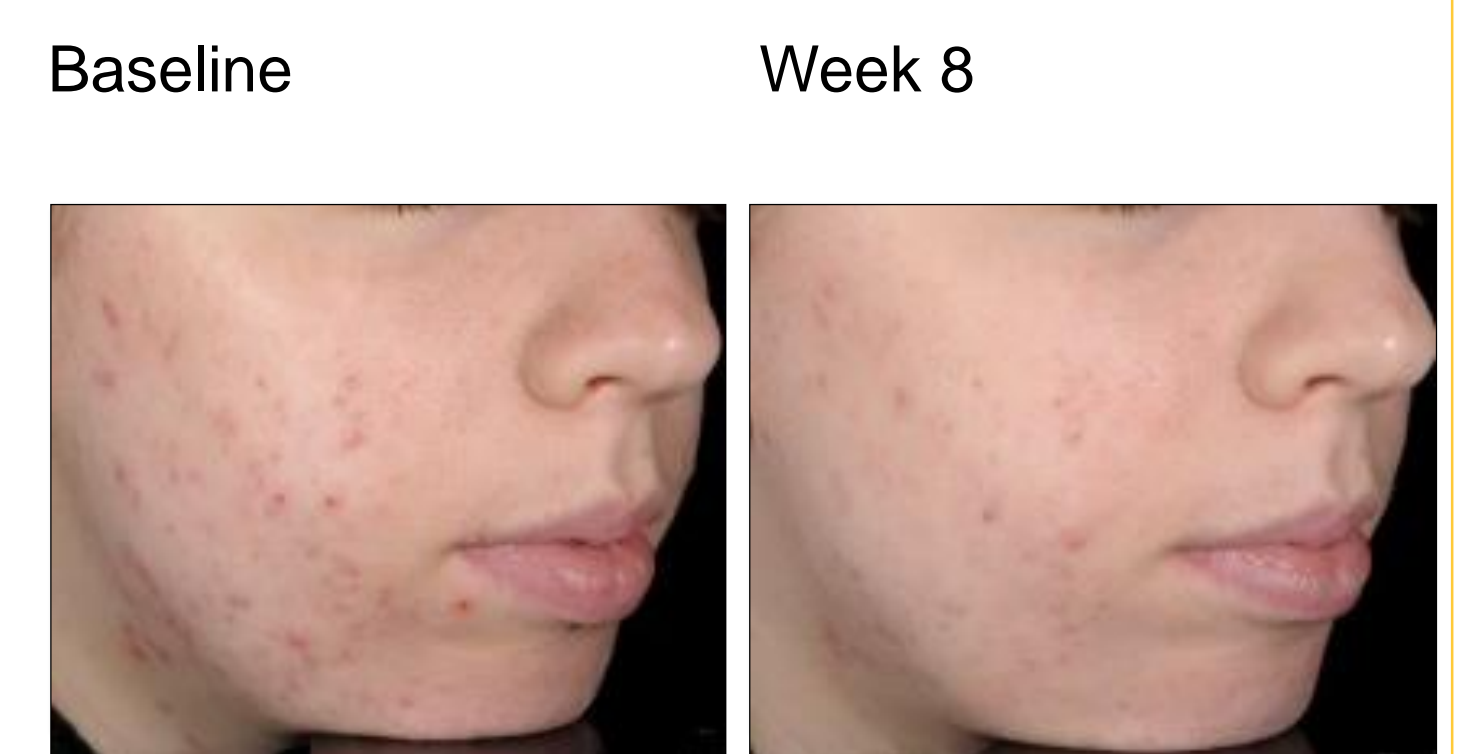
Investigator Global Assessment

- Statistically significant improvement was noted as early as Week 1.
- Eighty-one percent of subjects demonstrated improvement by Week 8 (mean change of 23%).



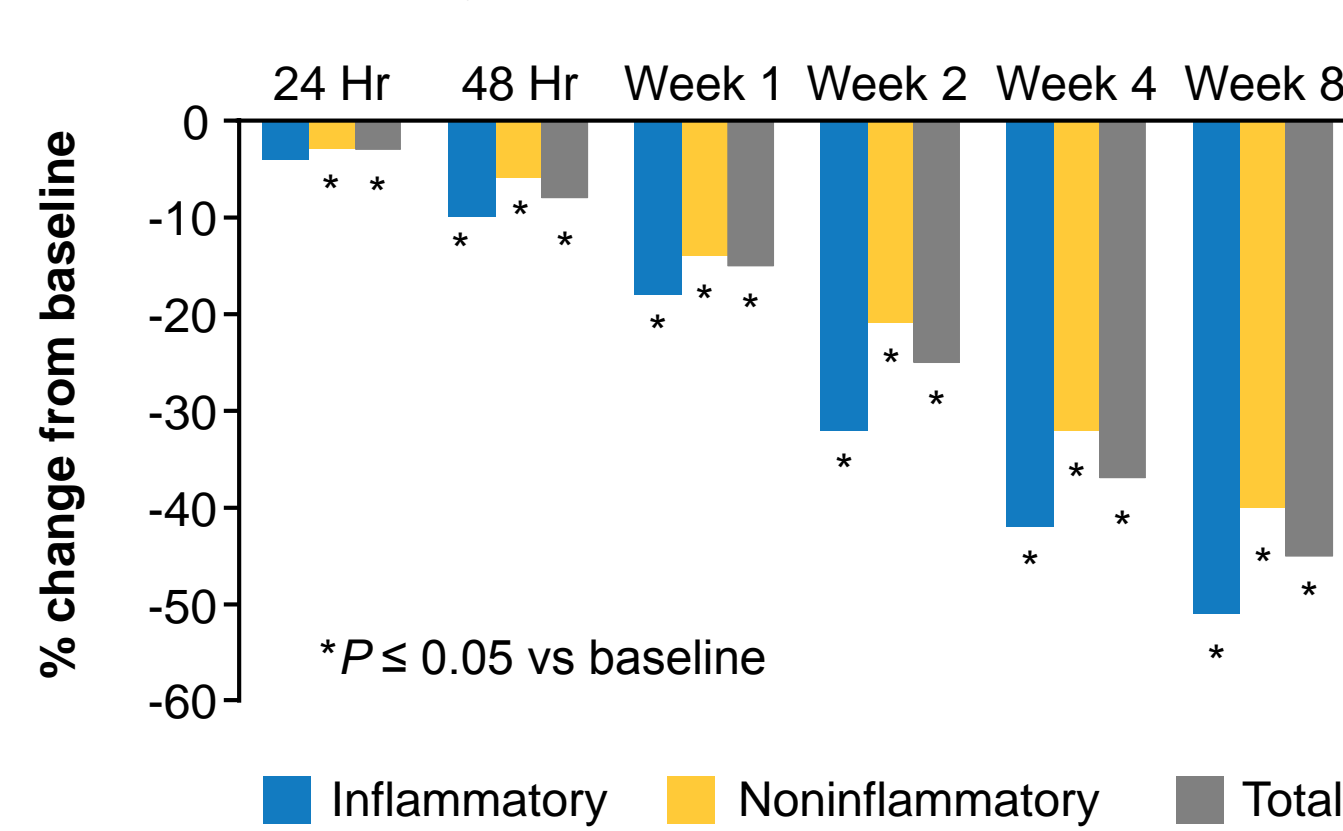
Digital imaging

- Digital imaging demonstrated the visible improvements seen after use of the 10% BPO cleanser over the course of the study.



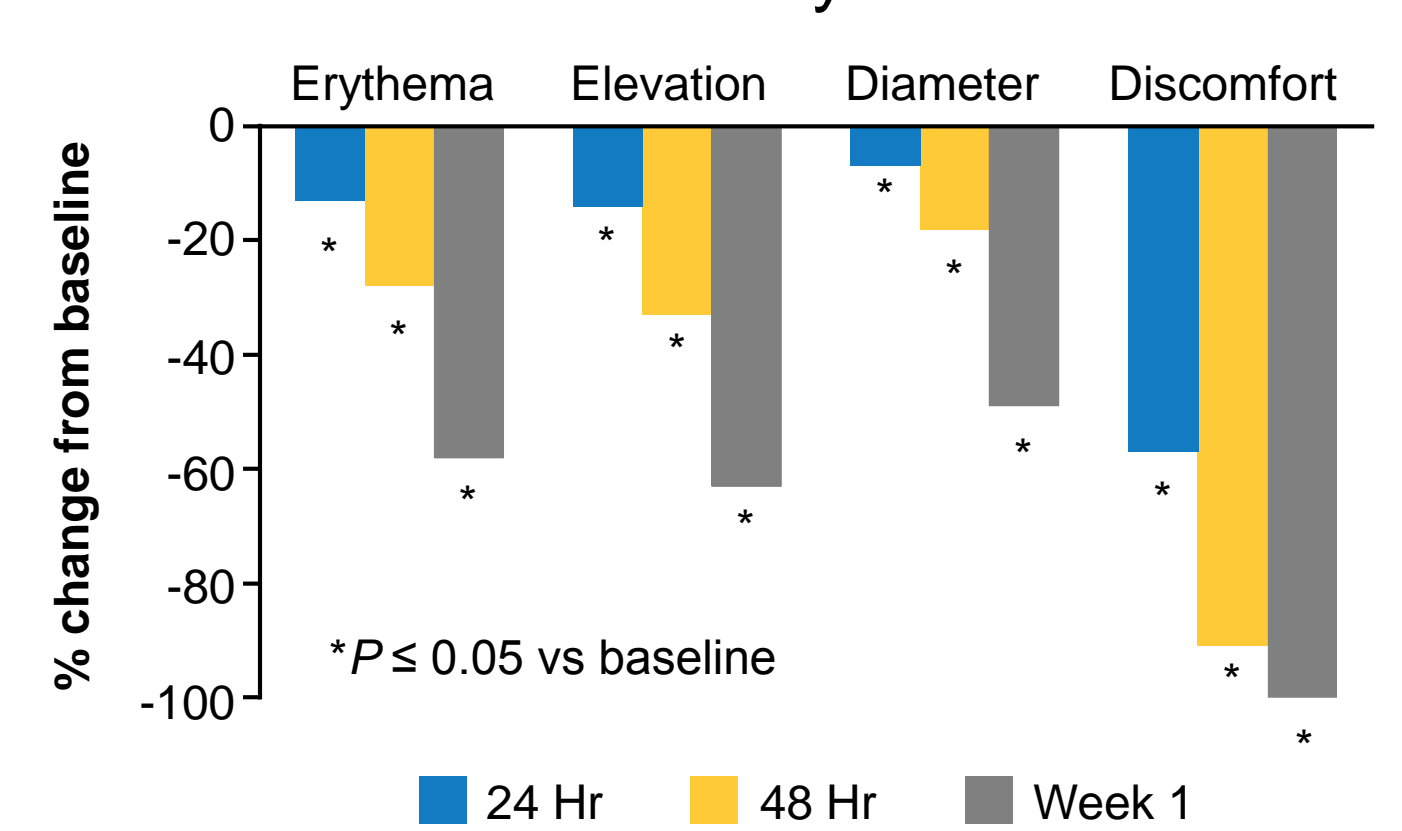
Lesion counts

- Significant reductions from baseline in both inflammatory and noninflammatory lesions were observed by Week 1.



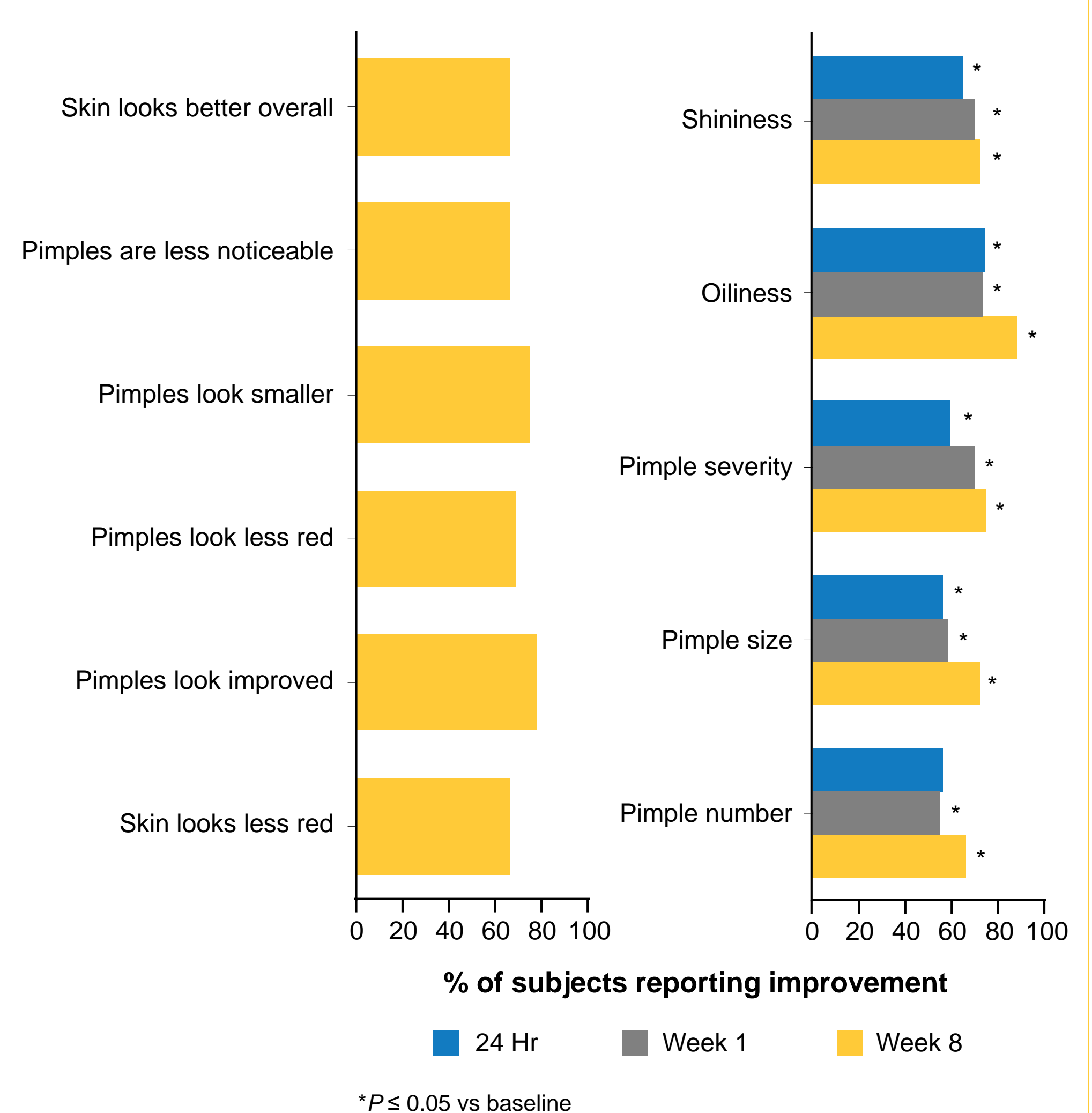
Investigator target lesion assessment

- Significant and clinically relevant decreases from baseline (improvements) were observed as early as 24 hours.



Self-assessment

- Subjects answered questions evaluating product and skin attributes.
- By Week 8, subjects agreed that their skin looked better (clearer, calmer, less red) and that they had fewer and smaller pimples.
- Subjects observed noticeable improvements in the appearance, size, and severity of their lesions and improvements in their overall skin condition as early as 24 hours after treatment, and these benefits continued to improve through Week 8.



Conclusions

- The 10% BPO cleanser was found to be well tolerated and provided significant acne resolution, as well as additional skin improvements throughout the entire product usage interval.
- This cleanser provides a new, easy-to-use, first-line BPO therapy option for patients who are best suited for a daily cleansing approach to treating their acne that is both effective and well-tolerated.

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